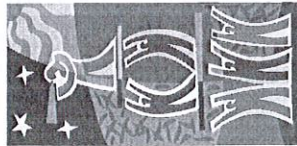


Key Stage One

Here are some suggestions to help your child develop emotional resilience when they move into Year 1 and 2 at St. Columba's School. We would like children to be able to...

- Have a positive attitude for the day ahead by entering school willingly, ready for learning.
- Show a level of responsibility for personal care and hygiene; managing their own belongings by hanging coats and bags up independently.
- Follow daily routines and instructions upon entering the classroom, remembering to do as instructed first time.



- Develop their ability to take responsibility for their actions and words towards others, including building resilience and having high expectations of themselves by rising to the challenge of learning activities in Year 1 and 2.

How can you help as a parent/carer?

- Develop self control in response to unexpected events: managing emotions when things do not go to plan by developing a calm approach.
- Develop the skill of knowing it is acceptable to make mistakes so long as they are trying their best.
- Take responsibility for their own and other's learning by sitting, listening and looking at the adult.



- Show an interest in learning by putting their hands up, making comments and answering questions.
- Take pride in their work and be a good role model by persevering and developing problem solving skills.
- Develop empathy for other children's thoughts and feelings.

- Allow your child to independently carry their belongings.
- Encourage your children to have patience and to not expect things instantly.
- Encourage your child to keep on trying.
- Talk to your child about their feelings and help them to label them. Encourage discussion about the feelings, moods and emotions of others.
- Encourage your child to participate in community/parish activities to build talents and interests.
- Encourage your child to motivate themselves and want to learn, not for reward but to achieve their own goals.
- Involve your child when you help others to develop compassion and empathy.
- Celebrate other people's successes.